# Saints Sport Exercise Class Programme

**11th September 2017 - 21st January 2018**

## Monday
- **Over 50’s** 10:30 - 11:30 Studio
- **Barre Concept** 11:30 - 12:30 Studio
- **Spin** 13:10 - 14:00 Studio
- **Yoga** 17:15 - 18:15 Studio
- **HIIT and Core** 18:15 - 18:55 Studio
- **Tai-Chi*** 19:00 - 20:00 Studio

## Tuesday
- **Spin* NEW** 07:15 - 08:00 Studio
- **Workshop Workout 1** 09:30 - 10:30 Gym
- **Intermediate Pilates** 10:30 - 11:30 Studio
- **Circuits** 13:10 - 14:00 Studio
- **Spin** 17:15 - 17:55 Studio
- **Body Sculpt** 18:00 - 19:00 Studio
- **Yoga* NEW** 19:00 - 20:00 Studio

## Wednesday
- **FIT Blast NEW** 07:15 - 08:00 Studio
- **Total Conditioning** 09:30 - 10:30 Studio
- **Over 50’s NEW** 10:30 - 11:30 Studio
- **Yoga - Dynamic flow** 12:00 - 13:00 Studio
- **Spin** 13:10 - 14:00 Studio
- **HIIT and Core*** 17:15 - 17:55 Studio
- **Zumba** 18:00 - 18:55 Studio
- **Boxfit*** 19:00 - 20:00 Studio

## Thursday
- **Workshop Workout 2** 09:30 - 10:30 Gym
- **Yoga for All** 11:00 - 12:00 Studio
- **Pilates for All** 12:00 - 13:00 Studio
- **Circuits** 13:10 - 14:00 Studio
- **Kettlebells*** 17:15 - 18:10 Studio
- **Complete Combo** 18:10 - 19:00 Studio
- **Spin** 19:10 - 20:00 Studio

## Friday
- **Spin** 07:10 - 08:00 Studio
- **Dynamic Pilates*** 10:45 - 11:45 Studio
- **Yoga - Intermediate** 11:45 - 13:00 Studio
- **Zumba** 13:05 - 14:00 Studio
- **HIIT and Core*** 17:30 - 18:30 Studio
- **Yoga for all*** 18:30 - 19:30 Studio

## Saturday
- **Boxfit*** 10:00 - 11:00 Studio
- **Spin*** 11:00 - 11:45 Studio
- **Zumba*** 12:00 - 13:00 Studio
- **Flexibility Yoga*** 13:00 - 14:00 Studio

## Sunday
- **Sunday Combo*** 10:00 - 11:00 Studio
- **Body Sculpt** 11:00 - 12:00 Studio
- **PiYo*** 12:00 - 13:00 Studio

## Other Activities
- **Senior Saints Racket Sports** MON 10-12:00 Arena
- **Staff & Postgrad Racket Sports** MON 12-14:00 Arena
- **Saints Sports Run (2.5-5KM)** WED 12:30 Track
- **Personal Training Services**

## Key
- ***Semester Only** 11/09/17 - 03/12/17
- **No Classes on** 21/12/17 - 03/01/18

For more information on classes please see www.st-andrews.ac.uk/sport or contact our sports reception on 01334 462190

Please note: Saints Sport reserves the right to cancel or withdraw classes/services for operational reasons without prior notice and no guarantee can be made for late arrivals being allowed to participate in a class once it has started.